

To Be Human

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: John Dembiec (USA) - February 2024
音乐: A Symptom Of Being Human - Shinedown



#16 intro

Sequence: Intro 16, A-B-A-TAG-A RESTART, A-B-A-TAG-A RESTART, A-TAG+,A

*Denotes view teach video for styling elements -- Special thanks below

PART A

[1-8] FALL AWAY ½ DIAMOND, PRESS & SWAYS, SIDE STEP

1-2& Facing 10:30 Step R forward, Making ¼ turn R Step L back (1:30), Step R back
3-4& Step L back, Making ¼ turn R Step R forward (4:30), Step L forward
5-6& *Press & sway R forward, Sway back to L, Step R next to L
7-8& Press & sway L forward, Sway back to R, Make 1/8 turn L stepping L to L (3:00)

[9-16] 1/2 TURN BACK SWEEPS, WEAVE, TRACE STEPS, PRESS & SWAY

1-2 Making ½ turn L step R back sweeping L to back (9:00), Step L back sweeping R to back
3-4& Step R back sweeping L back, Step L behind R, Step R to R
5-6 Making 1/8 turn R step L forward (10:30), *Step R forward as you trace L foot past R
7-8& Step L forward as you trace R foot past L, Press & Sway R forward, Sway back onto L

**Arm Movements – Coming out the weave, start with both arms out and slowly bring in for Counts 5,6,7 as if you are going to hug someone. 8& push hands down and out. See video

[17-24] CROSS ROCK, 1/8 SIDE STEP, CROSS, ¼ VINE, ½ TURN, ¼ TURN, STEP, ¼ TURN

1-2& Cross Rock R over L, Recover to L, Step R to R and square up to 12:00
3-4& Cross L over R, Step R to R, Step L behind R
5-6& Making ¼ turn R step R forward (3:00), Step L forward, Make ½ turn R step onto R (9:00)
7-8& Making ¼ turn R step L to L (12:00), Step R behind R, Make ¼ turn L step L forward (9:00)

** Arm movement – As you do 4&5, you may bring your R arm from the chest and extend to R

[25-32] 3 ½ PIVOT TURNS WITH LEG FLAIRS, COASTER ¼ CROSS, SIDE BEHIND, SWAYS

1-2 *Make ½ turn L stepping back on R (3:00), Make ½ turn L stepping forward on L (9:00)
3 Make ½ turn L stepping back on R (3:00)

Styling – As you do these turns, try to stay forward on foot as you swing your leg around – see video

4&5 Step L back, Step R next to L, Step L over R as you start making ¼ turn to L
6& Finish making the ¼ turn to L stepping R to R (12:00), Step L behind R
7-8 Step & sway R to R, Sway back to L

PART B

[1-8] CROSS ROCK, SIDE ROCK, WEAVE SWEEP, JAZZ BOX BACK (X2), CROSS

1&2& Cross Rock R over L, Replace to L, Side Rock R to R, Replace to L
3&4 Step R behind L, Step L to L, Step R over L as you sweep L back to front
5&6& Cross L over R, Step R slightly back, Step L slightly back, Cross R over L
7&8 Step L slightly back, Step R slightly back, Cross L over R

[9-16] NIGHTCLUB BASIC, WEAVE, 5/8 UNWIND

1-2& Step R to R, Step L next to R, Cross R over L
3-4& Step L to L, Step R behind L, Step L to L
5-8 Cross R over L, Unwind for 3 counts transferring weight to L facing 7:30

TAG ¼ JAZZ, ¼ PENCIL TURN

1-2& Cross R over L, Step L back, Make ¼ turn R stepping slightly forward

3-4 Step L forward, Making $\frac{1}{4}$ turn to L collect R foot next to L keeping weight on L
TAG PLUS – On the 3rd time doing tag, Counts 5-6, Step R forward and sway forward & back

A special thank you to Jo Thompson-Syzmanski for her insight and guidance in the creation of this dance.

REPEAT AND HAVE FUN !!!!!
